

Objective

By the end of this lesson, J will be able to understand and perform a serious piece from a play or story, expressing emotions and ideas clearly, while also learning how to present in front of others.

Materials and Prep

- A short story or excerpt from a play that J enjoys.
- A comfortable space for J to practice and perform.
- Optional: A mirror for J to practice expressions.
- Encourage J to choose a serious theme or message from the story.

Activities

- **Story Selection:** Help J choose a short story or scene from a play that has serious themes. Discuss what makes it serious and why it's important.
- **Character Exploration:** Have J pick a character from the story and think about their feelings. Ask questions like, "How does this character feel?" and "Why do they feel this way?"
- **Emotion Practice:** Encourage J to practice expressing different emotions that the character might feel. Use a mirror to help J see their own expressions.
- **Mini Performance:** Let J perform the piece for you. Cheer them on and give positive feedback! Discuss what parts they liked and what they could improve.
- **Reflection Time:** After the performance, talk with J about what they learned. Ask them how it felt to perform something serious and what they enjoyed the most.

Talking Points

- "What story do you want to tell today? It can be serious and important!"
- "Can you tell me how your character feels? Let's pretend to be them!"
- "Let's practice making different faces! How would your character look when they are sad?"
- "When you perform, remember to use your voice and body to show how your character feels!"
- "How did it feel to share your story? What was your favorite part?"